



FOD 6b- Falls risk assessment and management
Part B: Falls risk assessment and management

Key Features

- This EPA focuses on managing fall risk by performing appropriate neurologic and musculoskeletal examinations and gait analysis, and prescribing simple gait aids
- This EPA includes using and interpreting appropriate fall risk and balance assessments such as gait speed, Berg Balance Scale (BBS) and Timed Up and Go (TUG) test. It also includes a comprehensive assessment of modifiable and nonmodifiable extrinsic and intrinsic risk factors to guide fall risk management, and integrating the assessments of interprofessional team members
- The observation of this EPA is divided into two parts: gait analysis and balance assessment; fall risk assessment and management
- Gait analysis and balance may be observed in a simulation setting

Target

- Collect 5 observations of achievement
- At least 1 movement disorder
- At least 1 orthostatic hypotension
- At least 2 by a geriatrician

Case presentation

movement disorders; MSK disorders; sensory impairment; cerebellar/ataxic; NPH; vascular (stroke/subcortical); orthostatic hypotension; multiple medications; cognitive impairment

Setting

- inpatient unit; day hospital; outpatient clinic; consultation; rehabilitation unit

Assessor

- geriatrician; care of the elderly physician; physiatrist

Milestones in Elentra

- ME 1.4 Perform falls risk assessments, including a comprehensive assessment of extrinsic and intrinsic risk factors that may lead to falls in older adults
- ME 2.2 Select and interpret appropriate investigations based on the patient’s presentation
- ME 2.4 Develop and implement a management plan for falls
- ME 2.4 Prescribe appropriate simple gait aids (e.g. cane, walker)
- COM 3.1 Convey information on diagnosis and prognosis related to falls risk clearly and compassionately to the patient and caregivers
- COL 1.1 Respond appropriately to input from other health care professionals as it relates to balance and gait
- COL 1.2 Make effective use of the scope and expertise of other health care professionals
- COL 1.3 Communicate effectively with physicians and other health care professionals